UnitedHealthcare supports your efforts to help your patients who are our Medicare Advantage plan members take their cholesterol (statin), diabetes and/or hypertension (RAS antagonist) medication as prescribed — and meet CMS Part D medication adherence standards. To achieve CMS goals and improve health outcomes, we encourage you to talk with your patients about any medication adherence barriers they may have and to consider the following solutions that may help.

<table>
<thead>
<tr>
<th>Adherence Barriers for Members</th>
<th>Potential Solutions</th>
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<tbody>
<tr>
<td><strong>Cost</strong></td>
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<td>• When clinically appropriate, prescribe low-cost generic medications to help reduce out-of-pocket costs.</td>
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| • UnitedHealthcare offers $0 co-pays for Tiers 1 and 2 medications *for most plans* when members use home delivery through OptumRx®. **Before entering the coverage gap,** members pay $0 for some of the most commonly used maintenance medications.¹ Group MAPD members are excluded from the $0 benefit at home delivery. **For more information about home delivery,**² please call OptumRx at 800-791-7658 or contact your UnitedHealthcare representative.
| • UnitedHealthcare’s Pharmacy Saver program may help Medicare Advantage Part D members save on select generic medications at select pharmacies.³ Prescriptions may be as low as $1.50.⁴ **For more information, visit UnitedPharmacySaver.com.** |
| • UnitedHealthcare members with a low-income subsidy (LICS 1 and LICS 2) can get a 90-day supply of their medication for a 30-day supply co-pay. If clinically appropriate, consider writing 90-day prescriptions for these members. |
| • Remind your patients who are UnitedHealthcare members to use their health plan ID card at the pharmacy. When using their card, the lower price they may receive may be the plan co-pay, the pharmacy’s retail price or the plan’s contracted price with the pharmacy. |

For more detail on CMS Part D medication adherence measures, please refer to the PATH Reference Guide for Adult Health or ask your UnitedHealthcare representative.
### Adherence Barriers for Members

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| **Access to pharmacy/transportation** | - Consider suggesting that your patient fill their medications through a network mail order pharmacy so prescriptions can be delivered to their home. **For more information about home delivery, please call OptumRx at 800-791-7658 or contact your UnitedHealthcare representative.**  
  - When clinically appropriate, consider writing 90-day prescriptions for chronic conditions to help improve adherence and minimize frequent trips to the pharmacy.  
  - If your patient wants to pick up most of their chronic prescriptions on a common fill date, encourage them to ask their pharmacy if they’re eligible for medication synchronization. OptumRx supports medication synchronization at pharmacies that offer this benefit. |
| **Health literacy** | - Remind your patients about the importance of taking their medication as prescribed and how long they should keep taking it — even if they don’t have symptoms.  
  - Discuss long- and short-term consequences of uncontrolled hypertension, diabetes and/or high cholesterol, and help your patients set goals for managing their health condition. |
| **Clinical issues** | - **Side effects and/or allergies:** Consider switching your patient to an alternative medication as clinically appropriate.  
  - **Polypharmacy/high pill burden:** Consider re-evaluating your patient’s medication regimen and streamlining therapy if clinically appropriate.  
  - **Depression/mental health:** Poor adherence can be related to depression. If signs of depression are present, please screen for the condition and recommend follow-up therapy as needed. |
| **Tardiness in timely refilling** | - Ask your patients to sign up for a refill reminder program at the pharmacy, if available.  
  - When clinically appropriate, consider writing 90-day prescriptions for chronic conditions to help improve adherence and minimize frequent trips to the pharmacy.  
  - Remind your patients to mark refill dates on their calendar so they don’t run out.  
  - Let your patients know that they may receive calls from their health plan or pharmacy to remind them of medication refills and/or to assist them with getting their medication refilled. |
| **Forgetfulness** | - Encourage your patients to use a pillbox to keep organized and to create a chart showing how and when to take their medication.  
  - Share other helpful ideas with your patients such as setting an alarm on their phone or clock, asking a friend or family member to call at a specific time, or taking medications at the same time every day. |

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**Contact us to learn more.** For more information about how our programs can help support your patients who are UnitedHealthcare Medicare Advantage members, please contact your UnitedHealthcare representative.

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1 Co-payment is applicable during the initial coverage phase and does not apply during the coverage gap or catastrophic amount.
2 Members are not required to use OptumRx home delivery for maintenance medication.
3 Other pharmacies are available in our network. Members may use any pharmacy in the network, but may not receive Pharmacy Saver pricing. Pharmacies participating in the Pharmacy Saver program may not be available in all areas.
4 Drugs and prices may vary between pharmacies and are subject to change during the plan year. Prices are based on quantity filled at the pharmacy. Quantities may be limited by pharmacy based on their dispensing policy or by the plan based on Quantity Limit requirements; if prescription is in excess of a limit, co-pay amounts may be higher.